

What is claimed is:

1. A method of protecting a keratinous fiber from extrinsic damage comprising
applying to said keratinous fiber a composition comprising
at least one sugar chosen from C3 to C5 monosaccharides and derivatives thereof,
wherein said at least one sugar is present in an amount effective to protect said
keratinous fiber.

2. The method of protecting a keratinous fiber from extrinsic damage
according to claim 1, wherein said C3 to C5 monosaccharide are chosen from
pentoses.

3. The method of protecting a keratinous fiber from extrinsic damage
according to claim 2, wherein said pentoses are chosen from aldopentoses and
ketopentoses.

4. The method of protecting a keratinous fiber from extrinsic damage
according to claim 3, wherein said aldopentoses are chosen from xylose, arabinose,
lyxose, and ribose.

5. The method of protecting a keratinous fiber from extrinsic damage
according to claim 3, wherein said ketopentoses are chosen from ribulose and xylulose.

6. The method of protecting a keratinous fiber from extrinsic damage
according to claim 1, wherein said C3 to C5 monosaccharides are chosen from
tetroses.

7. The method of protecting a keratinous fiber from extrinsic damage according to claim 6, wherein said tetroses are chosen from aldotetroses and ketotetroses.

8. The method of protecting a keratinous fiber from extrinsic damage according to claim 7, wherein said aldotetroses are chosen from erythrose and treose.

Sub B1 9. The method of protecting a keratinous fiber from extrinsic damage according to claim 7, wherein said at least one sugar is erythrulose.

10. The method of protecting a keratinous fiber from extrinsic damage according to claim 1, wherein said C3 to C5 monosaccharides are chosen from trioses.

11. The method of protecting a keratinous fiber from extrinsic damage according to claim 10, wherein said trioses are chosen from aldotrioses and ketotrioses.

Sub B2 12. The method of protecting a keratinous fiber from extrinsic damage according to claim 11, wherein said at least one sugar is glyceraldehyde.

13. The method of protecting a keratinous fiber from extrinsic damage according to claim 11, wherein said at least one sugar is dihydroxyacetone.

14. The method of protecting a keratinous fiber from extrinsic damage according to claim 1, wherein said C3 to C5 monosaccharides are chosen from furanoses and derivatives thereof.

15. The method of protecting a keratinous fiber from extrinsic damage according to claim 1, wherein said derivatives of C3 to C5 monosaccharides are chosen from imine derivatives, hemiacetal derivatives, hemiketal derivatives, and oxidized derivatives.

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17. The method of protecting a keratinous fiber from extrinsic damage according to claim 1, wherein said derivatives of C3 to C5 monosaccharides are chosen from dimers and oligomers of said C3 to C5 monosaccharide.

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19. The method of protecting a keratinous fiber from extrinsic damage according to claim 1, wherein said composition further comprises at least one additional sugar, said at least one additional sugar being different from said C3 to C5 monosaccharides and derivatives thereof.

20. The method of protecting a keratinous fiber from extrinsic damage according to claim 19, wherein said at least one additional sugar is chosen from monosaccharides, disaccharides, and polysaccharides.

21. The method of protecting a keratinous fiber from extrinsic damage according to claim 20, wherein said monosaccharides are chosen from hexoses.

22. The method of protecting a keratinous fiber from extrinsic damage according to claim 21, wherein said hexoses are chosen from allose, altrose, glucose, mannose, gulose, idose, galactose, talose, sorbose, psicose, fructose, and tagatose.

23. The method of protecting a keratinous fiber from extrinsic damage according to claim 1, wherein said at least one sugar is present in said composition at a

concentration ranging from 0.01% to 5.00% relative to the total weight of the composition.

24. The method of protecting a keratinous fiber from extrinsic damage according to claim 19, wherein said at least one additional sugar is present in said composition at a concentration ranging from 0.01% to 5.00% relative to the total weight of the composition.

25. The method of protecting a keratinous fiber from extrinsic damage according to claim 1, wherein said composition is in the form of a liquid, oil, paste, stick, dispersion, emulsion, lotion, gel, or cream.

26. The method of protecting a keratinous fiber from extrinsic damage according to claim 1, wherein said keratinous fiber is chosen from hair, eyelashes, and eyebrows.

27. The method of protecting a keratinous fiber from extrinsic damage according to claim 1, wherein the extrinsic damage is caused by heating, UV radiation, or chemical treatment.

28. A method of repairing a keratinous fiber following extrinsic damage comprising

applying to said damaged keratinous fiber a composition comprising at least one sugar chosen from C3 to C5 monosaccharides and derivatives thereof, wherein said at least one sugar is present in an amount effective to repair said keratinous fiber.

29. The method of repairing a keratinous fiber following extrinsic damage according to claim 28, wherein said composition further comprises at least one additional sugar, said at least one additional sugar being different from said C3 to C5 monosaccharides and derivatives thereof.

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